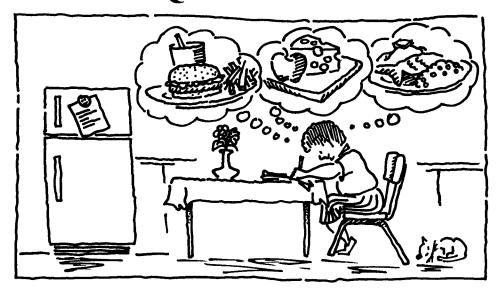


## FOOD QUESTIONNAIRE



Name \_\_\_\_\_

Date \_\_\_\_\_

Public reporting burden for this collection of information is estimated to average 40 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Office, 6701 Rockledge Drive, MSC 7730, Bethesda, MD 20892-7730, ATTN: PRA (0925-0414). Do not return the completed form to this address.

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Your answers to this questionnaire will help us learn about nutrition and health. It takes about 45 minutes to complete. Please follow these instructions:

- Answer each question as best you can estimate if you aren't sure. There are no "right" or "wrong" answers.
- Use an ordinary (#2) pencil. Do not use pen of felt-tipped marker.
- Fill in the ovals completely. Do not use check marks, Xs, or other marks.
- Do not make any other marks or write anything else on this form.

F60V1.5 11/15/98

 Answer each question completely. Some questions have more than one part as shown in the example below. Make sure you complete all parts of the question.

Example: This woman ate oil-packed tuna. It is noodle casserole.	was usually prepared as tuna salad or tuna
4. Did you eat canned tuna during the last thre	e months?
○ No (Go to ● Yes	
question 5.)	보라지다. 이렇게 늘 만입하는 그는 이 그는 그 사이를 먹었다며
	이 열리는 이 살이 살아 보는 것이 없는 것이다.
4.1 When you ate canned tuna	was it usually
○ Water-packed	이 그의 백교병의 살아가 하는 것이 되는 것 같은 것 같은 것 같다.
■ Oil-packed	
○ Either one	
O Don't know	
	리트 - 네티크라이터
	how was it usually prepared? (Mark one or two.)
Tuna, plain i gazara Para	
<ul> <li>Tuna salad with mayonnais</li> </ul>	<b>38</b> 회문 : 1일 - 1일 : 1일 : 1일 : 1일 : 1일 : 1일 : 1일
These questions ask about the foods you ate durin	ng the LAST THREE (3) MONTHS.
1. Did you eat chicken or turkey during the last	3. Did you eat hamburger or other ground meat during the last three months? (Mark one.)
three months?	○ No (Go to ○ Yes
○ No (Go to ○ Yes	question 4.)
question 2.)	quosion
1.1 When you ate chicken or	3.1 When you ate hamburger or
turkey, how often did you	other ground meat, was it
eat the skin?	usually
○ Almost always	│ │ │ ○ Regular
Often	│
○ Sometimes	○ Extra lean
Rarely	☐ Ground turkey
│ ○ Never	☐ Don't know
↓ 1.2 Did you usually choose	4. Did you eat canned tuna during the last three
•	months?
○ Light meat ○ Dark meat	○ No (Go to ○ Yes
© Both	question 5.)
	quosiion c.,
2. Did you eat beef, pork or lamb during the last	4.1 When you ate canned tuna
three months?	was it usually
○ No (Go to ○ Yes	○ Water-packed
question 3.)	│ ○ Oil-packed
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	○ Either one
2.1 When you ate beef, pork or	☐ Don't know
lamb, how often did you eat	<b>↓ ↓</b>
the fat?	4.2 When you ate canned tuna
୍ର Almost always	how was it usually prepared
<b>Often</b>	(Mark one or two.)
○ Sometimes	Tuna, plain
○ Rarely	Tuna salad with mayonnaise
<b>↓</b> ○ Never	

Pg. 2 of 12

Cereal during the last three months?  No (Go to Yes question 7.)  6.1 When you used milk, cream or creamer on cereal, what type did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Evaporated or condensed milk  Non-dairy creamer  Don't know  7. Did you use milk, cream or creamer in coffee or tea during the last three months?  No (Go to Yes question 10.)  What kinds of fat did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Evaporated or condensed milk, cream or creamer in coffee or tea, what type did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  PLESEE MARE NO MARKS IN THIS AREA  PLESEE MARE NO MARKS IN THIS AREA  PLESEE MARE NO MARKS IN THIS AREA  2126104	5. Did you drink milk or beverages made with milk, such as hot chocolate, during the last three months? (Do not include milk used on cereal or in coffee or tea.) (Mark one.)  No (Go to Yes question 6.)  5.1 When you drank milk or milk beverages, was it usually  Whole milk  2% milk  1% milk or buttermilk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Don't know	8. Did you eat cold cereals during the last three months?  No (Go to Yes question 9.)  8.1 When you ate cold cereals, what type did you usually eat? (Mark one or two.)  Granola cereals  High-fiber or bran cereals, such as FiberOne®, Raisin Bran®  Whole grain cereals such as Cheerios®, Shredded Wheat®  Fortified cereals such as Total®, Product 19®  Other cereals such as corn flakes, Frosted Flakes®
4.1 When you used milk, cream or creamer on cereal, what type did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  Non-fat or skim milk  Evaporated or condensed milk. Soy milk  Non-dairy creamer  Don't know  7. Did you use milk, cream or creamer in coffee or tea during the last three months?  No (Go to Yes question 10.)  7.1 When you ate okra, squash, or yams, how often were they fried? (Do not include potatoes.)  Almost always  Often  Sometimes  Rarely  Never  10. What kinds of fat did you usually use to deep fry, pan fry or saute foods? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  1% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  10. What kinds of fat did you usually use to deep fry, pan fry or saute foods? (Mark one or two.)  Stick margarine  Tub margarine  Tub margarine  Tub margarine  Souther (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Didn't add fat	cereal during the last three months?	nakes, i Tosteu i lakes
6.1 When you used milk, cream or creamer on cereal, what type did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Soy milk  Non-dairy creamer  Don't know  7. Did you use milk, cream or creamer in coffee or tea during the last three months?  No (Go to Yes  question 10.)  When you ate okra, squash, or yams during the last three months?  No (Go to Yes  T.1 When you ate okra, squash, or yams, how often were they fried? (Do not include potatoes.)  Almost always  Often  Sometimes  Rarely  Never  10. What kinds of fat did you usually use to deep fry, pan fry or sauté foods? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  10. What kinds of fat did you usually use to deep fry, pan fry or sauté foods? (Mark one or two.)  Stick margarine  Butter  Shortening (Crisco®, lard, bacon fat or drippings, sait pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Didn't add fat		
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7.1 When you used milk, cream or creamer in coffee or tea, what type did you usually use? (Mark one or two.)  Cream or half and half Whole milk 2% milk 1% milk Non-fat or skim milk Evaporated or condensed milk Soy milk Non-dairy creamer Don't know  Stick margarine Tub margarine Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock) Olive or canola oil Other oils (vegetable, corn, peanut, safflower) Non-stick spray (Pam®) Didn't add fat	question 8.)	
or creamer in coffee or tea, what type did you usually use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  Tub margarine  Butter  Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Didn't add fat	7.1 When you used milk, cream	
use? (Mark one or two.)  Cream or half and half  Whole milk  2% milk  1% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Didn't add fat		○ Tub margarine
Cream or half and half  Whole milk  2% milk  1% milk  Non-fat or skim milk  Evaporated or condensed milk  Soy milk  Non-dairy creamer  Don't know  Cream or half and half  drippings, salt pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Didn't add fat  2126104		=
2% milk 1% milk Non-fat or skim milk Evaporated or condensed milk Soy milk Non-dairy creamer Don't know  Other oils (vegetable, corn, peanut, safflower) Non-stick spray (Pam®) Didn't add fat	○ Cream or half and half	
1% milk     Non-fat or skim milk     Evaporated or condensed milk     Soy milk     Non-dairy creamer     Don't know  □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□		
○ Non-fat or skim milk ○ Evaporated or condensed milk ○ Soy milk ○ Non-dairy creamer ○ Don't know  2126104	i I	
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	▲ 현상으로 경우되었다. 현재 (1.1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.	생생님, 요마하는 것, 그리고 있는데요. 그는 것은 그는 그는 그는 그를 꾸는 무슨 그는 그를 다 그리고

11. What kinds of fat did you usually add when cooking beans, rice, vegetables and potatoes? (Mark one or two.)  Low calorie or low fat margarine  Stick margarine  Tub margarine  Butter  Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-stick spray (Pam®)  Non-fat margarine or didn't add fat	17. Did you eat popcorn during the last three months?  No (Go to Yes question 18.)  17.1 What type of popcorn did you usually eat? (Mark one.)  Popped in oil, pre-popped, or at movies  Regular microwave  Air-popped or special "lite" microwave  T7.2 When you ate popcorn, how
12. What kinds of fat did you usually add after cooking vegetables, beans, rice and potatoes? (Mark one or two.)  Low calorie or low fat margarine Stick margarine Tub margarine Butter Sour cream Olive or canola oil Other oils (vegetable, corn, peanut, safflower) Non-fat margarine or didn't add fat	often did you add butter or margarine?  Almost always Often Sometimes Rarely Never  18. Did you eat cookies during the last three months?
13. What kinds of fat did you usually use on breads, muffins, tortillas and rolls? (Mark one or two.)  Low calorie or low fat margarine  Stick margarine  Tub margarine  Butter  Olive or canola oil  Other oils (vegetable, corn, peanut, safflower)  Non-fat margarine or didn't add fat  14. Did you make your own tortillas during the last three months?  No (Go to Yes question 15.)	No (Go to Yes question 19.)  18.1 When you ate cookies, how often were they graham crackers, vanilla wafers, fig bars, or special low fat or no fat cookies?  Almost always Often Sometimes Rarely Never
14.1 When you made tortillas, did you make them with lard, shortening, or other fat? Yes, made with fat. No, made without fat.	19. Did you eat cakes or other pastries during the last three months?  No (Go to Yes next page.)
15. What type of salad dressing did you usually use? (Mark one.)  Regular, such as French or oil and vinegar  Low-fat (diet)  Fat-free (no oil)  Didn't use salad dressing	19.1 When you ate cakes or other pastries, how often were they angel food cakes, sponge cakes, or special low fat or no fat cakes or pastries?  Almost always Often Sometimes
<ul> <li>16. What type of mayonnaise did you usually use? (Mark one.)</li> <li>Regular</li> <li>Low-fat (diet)</li> <li>Fat-free</li> <li>Didn't use mayonnaise</li> </ul>	○ Rarely ○ Never

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The next section is about how often you usually eat specific foods. Please think about what you usually ate during the last THREE (3) MONTHS.

First: Mark the column to show how often, on the average, you ate the food.

Second: Mark your usual serving size as small, medium or large.

## Please note:

• A small serving is about one-half (1/2) the medium serving size, or less.

• A large serving is about one-and-a-half (1 1/2) times the medium serving size, or more.

- If you never ate a food, mark "Never or less than once per month," and omit the serving size altogether.
- Please do not skip any foods.

Example: This person ate a medium serving of rice about twice per month and never ate sausage.

	HOW OF	HOW OFTEN DID YOU EAT THE FOOD (Mark one)									AMOUNT			
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	You S	ur Se Size M		
Rice	O	0	•	$\bigcirc$	0	0	0	$\circ$	O	3/4 cup	9	•	0	
Sausage		0	0	0	0		0	0	0	2 slices or 2 ounces	0	0	0	

## During the last three (3) months . . .

	HOW OF	TEN C	DID Y	OU E	AT TH	IE FC	OD (I	Mark	one)	Al	NOUN	IT	
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Yo S	our Ser Size M	
FRUITS AND JUICES											•		
Apples and pears	O	0	O	0	0	0	0	0	Ö	1 medium or 1/2 cup	0	0	О
Bananas	O	0	0	0	0	0	0	$\bigcirc$	Ø	1 medium	0	$\circ$	Q
Peaches, nectarines and plums (fresh or canned)	O	$\bigcirc$	0	0	0		0	0	0	1 medium or 1/2 cup	0	0	0
Cantaloupe, orange melon, muskmelon, mango and papaya	0	0	0	0	0	0	0		0	1/4 melon or 1 cup	o	0	Ó
Watermelon and red melon	0		0	0	0	0	0	$\bigcirc$	0	1 medium slice or 1 cup	0	0	0
All other melon, such as honeydew	0	0	0	$\bigcirc$	0	0	0		0	1 medium slice or 1 cup	0	0	Ο
Apricots (fresh, canned, or dried)	0	$\circ$	0	0	0	0	0	$\bigcirc$	0	2 medium or 4 halves	0	0	0
Other dried fruit, such as raisins and prunes	9	0	Ô	0	0	0	О	0	0	1/4 cup	O	0	ō
Oranges, grapefruit and tangerines (not juice)	0	0	0	0	0	$\bigcirc$	0	$\bigcirc$	Ο	1 orange or 1/2 grapefruit	0	$\bigcirc$	0
Strawberries and kiwi	O	0	0	0	0	$\bigcirc$	0	$\bigcirc$	0	1/2 cup	0		Ο,
Any other fruit, such as fruit cocktail, berries, grapes, applesauce, pineapple	5	$\bigcirc$	0	$\circ$	0	0	0	$\bigcirc$	O	1/2 cup	0	0	Q

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	- C	hand had her	Section of the second	my part june	pring pring pring.	James granis .	
500			2 C. 3-	- 33 - 33(- 3	1( - 3:( ' ) ( ) ( )	( ' ) ( ' ' ) .	
				 in our and	Same Same? Same?	/ "Name" - South	
				DIEACE	BEAUC NO SE	ADMO IN THE	

	HOW OFT	EN D	DID Y	OU E	AT TH	IE FC	OD (I	Mark	one)	AM	AMOUNT				
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	You S	ur Serv Size M	ving L		
Orange juice and grapefruit juice	0		0	0	φ	0	0	0	0	6 ounce glass	Q	$\bigcirc$	ġ.		
Tang <sup>®</sup> , Kool-Aid <sup>®</sup> , Hi-C <sup>®</sup> , and other fruit drinks	o	0	Ó	0	O	()	0	$\bigcirc$	Ο	6 ounce glass	O	0	0		
Other fruit juices such as apple, grape	0	0	0	0	0	0	0	0	0	6 ounce glass	9	0	0		
VEGETABLES								:							
Green or string beans	0	$\circ$	0		O	0	0	0	0	1/2 cup	0	0	0		
Green or English peas	0		0	0	0	$\bigcirc$	0	0	0	1/2 cup	0	0	0		
Refried beans	0		0	0	Φ.	0	0	0	0	3/4 cup	0	0	0		
All other beans such as baked beans, lima beans,	0	0	0	0	0	0	O		0	3/4 cup	0	0	0		
black-eyed peas and chili without meat															
Tofu and textured vegetable products	0		O	0	O	0	O	0	0	3 slices or 3 ounces	O	0	0		
Avocado and guacamole, including added to mixed dishes	Ó		0	0	0	0	0		0	1/4 medium or 1/4 cup	0	0	0		
Corn and hominy	6	0	O	0	Ο	0	Ο	0	0	1/2 cup	Ο	0	O		
Tomatoes, fresh or juice	G	0	0	0	0	0	0	0	6	1 medium or 6 ounce glass	Ο	0	0		
Tomatoes cooked, tomato sauce, salsa and salsa picante	0	0	O	0	O	0	0	$\bigcirc$	0	1/2 cup	Ó	$\bigcirc$	0		
Green peppers, green chilies, jajapeños, and green chili salsa		0	O	0	O	0	0	0	0	1/4 cup	Ó	0	0		
Red peppers and red chilies	. 0	0	0		0	0	0	0	0	1/4 cup	0	()	0		
Broccoli					0	0	0		0	1/2 cup	0	0	9		
Cooked greens, such as spinach, mustard greens, turnip greens, collards		0	0	0	0	0	0	0	0	1/2 cup	O	0	0		
Carrots, including mixed dishes with carrots			0	0	Q	0	0	0	0	1/2 cup	9	0	0		
Summer squash, zucchini, nopales, and okra			0		0	0	O	0	0	1/2 cup	0	$\circ$	O		
Winter squash, such as acorn, butternut, pumpkin			0		0	0	0	0	O	1/2 cup	0	0	0		
Coleslaw			0		o		0	0	0	1/2 cup	0	0	O		
Cauliflower, cabbage, sauerkraut and Brussels sprouts			0		Ó	0	Ó		Φ.	1/2 cup	O	$\circ$	Ø		
Onions and leeks, including in cooking					0	0	0		0	1/4 cup	O	0	0		

	HOW OF	EN D	ID YO	DU E	AT TH	IE FC	OD (	Mark	one)	A	NOUN	ΙT	
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Yo S	ur Se Size	
Lettuce and plain lettuce salad	Ó	$\circ$	0		0	0	0	0	0	1 medium bowl	0	0	O
Mixed lettuce or spinach salad with vegetables such as carrots or tomatoes	O	0	0	0	O	0	0	0	6	1 medium bowl	0	$\bigcirc$	O
Salad dressing, such as Italian, 1000 Island, French (include low-fat and fat-free dressings)	0	$\bigcirc$	0	0	0	0	0	0	Φ	2 tablespoons	O	0	O
Plantains, fried	0	$\bigcirc$	O	$\circ$	0	0	O	0	0	1 cup	O	$\circ$	O
French fries, fried potatoes, fried rice, fried cassava and fritters	0	0	0	0	0		0		0	3/4 cup	6	0	0
Sweet potatoes and yams		0	0	0	0	0	0	0	0	1/2 cup	0	$\bigcirc$	0
Other potatoes, cassava, and yucca (boiled, baked, or mashed)	0	0	0	0	0	0	0	0	O	1 medium or 1/2 cup	0	0	0
Potato, macaroni, or pasta salads made with mayonnaise or oil	0	0	۵	0	0	0	0	0	O	1/2 cup	0		O
Rice, grains and plain noodles	9	$\bigcirc$	0	0	0	$\bigcirc$	O	$\bigcirc$	0	3/4 cup	O	0	O
Butter, margarine, sour cream, oils, or other fat added to vegetables, beans, rice, and	О	0	0	0	0	0	0	0	O	2 pats or 2 teaspoons	0	0	9
potatoes, <u>after</u> cooking  MEAT, FISH, POULTRY, L		=MC											
		-1VI S	**************************************				(1. /* v · 1.0)				garan area		Barra and an arrange
Ground meat including hamburgers, meatloaf, and picadillo	HO B		0		0	0	Ο	0	0	1 medium or 3 ounces	О	0	О
Beef, pork and lamb as a main dish, such as steak, roast and ham		0	0		0	0	О	0	0	4 ounces	0	$\bigcirc$	O
Beef, pork and lamb as a sandwich (steak sandwich, BBQ sandwich)		0	0	0	0	0	0	0	0	3 ounces	0	0	О
Stew, pot pie and casseroles with meat or chicken	0	0	0	0	0	0	0	0	Ō	1 cup	0	0	О
Chili with meat and beans			0	0	0	0	0	$\circ$	Ö.	1 cup	٥	$\bigcirc$	O
Liver, including chicken liver, and other organ meats	O	0	O	0	0	0	0	0	Ð	4 ounces	0	0	Ō
Fried chicken	0	0	O		0		0	0	0	2 small or 1 large piece	O	0	О
Chicken and turkey (roasted, stewed or broiled)	0		0	0	0	0	0	$\bigcirc$	0	2 small or 1 large piece	0	$\bigcirc$	0
Gravies made with meat drippings and white sauce		0	0		0		0	$\bigcirc$	0	1/4 cup	0	0	0
Fried fish, fish sandwich, and fried shellfish (shrimp, oysters)	0		0	0	0	0	0	0	O	3 ounces or 1 sandwich	0	0	0
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	HOW OF	EN C	DID Y	OU E	AT TH	IE FC	OD (	Mark	one)	Al	NOUN	IT	
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	You S	our Se Size M	
Shellfish, not fried (shrimp, lobster, crab and oysters)				$\circ$	0		0	0	0	3 ounces or 1/2 cup	O		O
Canned tuna, tuna salad, and tuna casserole			0	0	ó	0	0	0	0	1/2 cup tuna or 1 cup casserole	0	0	0
White fish (broiled or baked) such as sole, snapper, cod			0	0	0	0	O	0	0	3 ounces	0	0	0
Dark fish (broiled or baked) such as salmon, mackerel, bluefish		0	0	0	0	0	0	0	O	3 ounces	0	0	O
Macaroni and cheese, lasagna, or noodles with a cream sauce		0	0	0	0	0	0	0	O	1 cup	0	0	0
Spaghetti or other noodles with meat sauce		$\bigcirc$	0	$\circ$	0	$\circ$	0	0	0	1 cup	0	0	0
Spaghetti or other noodles with tomato sauce (and no meat)	0		0	0	9	0	0	0	0	1 cup	0	0	0
Low-fat pizza		$\bigcirc$	0	$\bigcirc$	0	0	0	0	0	2 slices of a 12" pizza	0	0	0
Pizza	9	0	Ô	$\bigcirc$	0	0	0	0	0	2 slices of a 12" pizza	O	0	9
Tamales, with or without meat		0	0	0	0	0	0	0	0	1 medium	0		Ó
Chilaquiles	0	0	0	$\circ$	0	$\circ$	0	$\bigcirc$	0	1 cup	O	0	0
Soft quesadilla		0	0	$\circ$	0	0	0	0	0	1 medium	O	$\bigcirc$	0
Crispy quesadilla and chili relleno		0			0	$\bigcirc$	0	0	0	1 medium	0	0	0
Soft taco and enchilada baked without oil	Ö	0	Ο.		Ö		0	0	0	2 medium	0		0
Flauta and crispy rolled taco		0	0		0	0	0		0	2 medium	0	0	0
Regular burrito and enchilada			0	0	0	0	0	0	0	1 burrito or 2 enchiladas	Ō	0	O
Taco and tostada			0	$\circ$	0	0	0	0	0	1 medium	Q	0	O
Lunch meat such as ham, turkey and other special lean meats	0		0	0	0		О	0	0	2 slices	О	0	0
All other lunch meat such as bologna, salami, Spam <sup>®</sup> , potted and canned meat		$\bigcirc$	0	0	0	0	0	$\bigcirc$	0	2 slices	0	0	0
Hot dogs, chorizo, and other sausage such as bratwurst	0		0.	$\bigcirc$	0	0	0	0	0	2 hot dogs or 3 ounces	0	0	0

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HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AN	10UN	Т	
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Yo S	ur Ser Size M	
Cream soups such as chowders, potato, tomato, cheese, ajiaco	Ο	0	O	0	9	0	O	0	Ġ	1 cup or 1 medium bowl	0	0	O
Bean soups such as pea, lentil, black bean, potajes	Ο	0	O	0	O	0	0		0	1 cup or 1 medium bowl	0	0	O
Vegetable soups	O	O	Ō	0	Ο	0	0		0	1 cup or 1 medium bowl	0	0	0
Menudo and tortilla soup	0	0	0	0	O	0	0		0	1 cup or 1 medium bowl	0	0	O
Other soups such as chicken noodle	O	0	O	0	O	0	0	$\bigcirc$	0	1 cup or 1 medium bowl	0	0	O
BREADS, SNACKS, SPR	EADS												
Biscuits, muffins, scones, and croissants	g	0	O	0	O	0	0	0	О	2 biscuits or 1 medium	О	0	0
White breads, including bagels, rolls, pita bread, and English Muffins	Ο	0	0	0	9.	0	O	$\bigcirc$	0	2 slices or 1 medium	0	$\bigcirc$	0
Dark breads, including dark bagels, rolls, pita bread, and English Muffins	0	$\bigcirc$	9	0	0	0	0	$\bigcirc$	O	2 slices or 1 medium	0	0	Ó
Corn bread, corn muffins, and cornmeal mush	Ó		0	0	0	0	0	0	0	1 medium or 1/2 cup	0	0	Ο.
Tortillas, corn (not including tacos)	ó	$\bigcirc$	Ο	$\circ$	0	$\bigcirc$	0	$\bigcirc$	0	2 medium	0	0	О
Tortillas, flour or wheat (not including tacos)	0	0	O	0	0	0	O	$\bigcirc$	0	1 - 12 inch or 2 - 7 inch	Ō	0	0
Indian fry bread	9	0	0	$\circ$	O	0	0	$\bigcirc$	0	1 - 9 inch	Q	0	O
Snacks such as potato chips, corn chips, tortilla chips, pork skins, Ritz® and cheese crackers	0	$\bigcirc$	0	0	0	0	0	0	0	2 handfuls or 1 cup	0	0	٥
Saltines, SnackWell's®, fat-free tortilla chips, and fat-free potato chips	o	0	0	$\bigcirc$	0	0	0	$\bigcirc$	0	5 crackers or 2 handfuls	0	0	o
Popcorn	O	$\bigcirc$	0	0	0	$\circ$	0	$\bigcirc$	0	4 handfuls or 2 cups	0	$\bigcirc$	Ö
Peanut butter, peanuts, other nuts and seeds	٥	0	0		0		Ο	0	0	2 tablespoons or 1 handful	0	0	0
Butter, margarine or oil, on bread or tortillas	0	0	0	0	0	0	0	0	0	2 pats or 2 teaspoons	0	0	0
Mayonnaise and mayonnaise type spreads, on sandwiches and in salads	Ó	0	Ó	0	Ö	0	0	0	O	2 tablespoons	0	$\circ$	0

	HOW OF	EN C	DID YO	OU E	one)	AMOUNT							
TYPE OF FOOD	Never or less than once per	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Yor S	ur Ser Size M	
BREAKFAST FOODS	month							-	in the second			101	
Cold cereal	Ó		О		O	$\bigcirc$	0	0	0	1 cup or 1 medium bowl	Ō	0	Ö
Cooked cereals and grits	0		O	0	O	0	O	0	0	1 cup or 1 medium bowl	O	0	0
Margarine or butter added to cooked cereal or grits	ō	0	0	0	O	0	9	0	0.	2 pats or 2 teaspoons	О	$\circ$	O
Milk on cereal (cold and cooked)	O	0	0	0	O	0	0	0	0	1/2 cup	0	0	O
Pancakes and waffles	0	0	0	$\circ$	O	$\circ$	0	0	O	2 pancakes or 1 medium waffle	0	0	Ο
Eggs	O		6		0	0	6		0	2 eggs	O		O
Bacon, breakfast sausage, and scrapple	Ģ	0	0		0	0	0		0	3 strips or 2 links or 1 slice	O	0	0
DAIRY PRODUCTS		il	Walter										Val. 311
Low-fat cottage cheese	O	0	0	$\bigcirc$	0		0	0	О	1/2 cup	o		0
Cottage cheese and ricotta cheese	0	0	Q	0	0	0	0	0	0	1/2 cup	0	0	0
Non-fat cheeses. Include cheese added to foods and in cooking	0	0	0	0	0	0	O	0	0	2 slices or 1/4 cup shredded	0	0	0
Part-skim or reduced fat cheeses, such as Mexicantype cheeses or mozzarella. Include cheese added to foods and in cooking	0	0	0	0	0	0	O	0	Ó	2 slices or 1/4 cup shredded	0	0	9
All other cheeses, such as cheddar, Swiss, or cream cheese. Include cheese added to foods and in cooking	0	0	0	0	O	0	0	0	ō	2 slices or 1/4 cup shredded	0	0	0
Non-fat yogurt (not frozen)	6	0	0	0	0	0	0	0	0	1 cup	0	0	0
All other yogurt (not frozen)	9	0	0	0	0	0	0	0	0	1 cup	Ō	0	Ο
SWEETS	BUT DELITED HEAVE A AND A STATE OF THE STATE				• <u>10-10-10-10-10-10-10-10-10-10-10-10-10-1</u>								
Ice cream	0	0	0		0	0	0	0	О	1 scoop or 3/4 cup	О	0	0
Pudding, custard, and flan	0	0	0	0	0	0	0	0	0	3/4 cup	O	0	0
Low-fat or non-fat frozen desserts, such as frozen yogurt, sherbet, ice milk, and low-fat milkshakes	0	0	0	0	0	0	0	0	0	1 scoop or 3/4 cup	0	0	0

								MARK		

	HOW OF	LEN C	DID Y	OU E	AT TH	IE FC	OOD (	Mark	one)	AN	AMOUNT					
TYPE OF FOOD	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Se Size S M		•			
Doughnuts, cakes, pastries, Pop-Tarts®, and pan dulce	d		0	0	6	$\circ$	0	0	0	1 piece	0	0	O			
Cookies	(2)		0	0	0	0	Ö	$\circ$	0	3 small or 1 large		0	0			
Pumpkin and sweet potato pie			0	0	9	0	0	0	0	1 medium slice	0	0	0			
All other pies, fried pastries, pastelitos and fruit empanadas			0	$\circ$	0	. 0	din)	0		1 medium slice or 1 piece	0	0	0			
Chocolate candy and candy bars		0	0	0	0	0	0			1 small bar or 1 ounce		0	0			
Hard candy, jam, jelly, honey, or syrup					ō	0	0	0		3 pieces or 1 tablespoon	0	$\bigcirc$	$\Diamond$			

BEVERAGES	HOW OF	HOW OFTEN DID YOU EAT THE FOOD (Mark one)								AN	IT		
(Please note that the frequency headings are different.)	Never or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	Medium Serving Size	Yo S	ur Ser Size M	
Milk, all types (including canned and soy) not on cereal			0	$\bigcirc$	0		0			8 ounce glass	0	0	O
Regular soft drinks (not diet)			0	0	0	0			0	12 ounces or 1 can		0	0
Beer	O		0	0	0	0		$\circ$	0	12 ounce can or bottle	0	0	0
Wine	0		Ó		0	0	0	0	0	1 medium glass (6 ounces)	0	0	Ö
Liquor				0	0	0	0	0	0	1 shot (1 1/2 ounces)	0	0	0
Coffee or tea (all types)	Ö	0	0	$\circ$	0	0	0		0	8 ounce cup		0	0
Milk, cream, or creamer in coffee or tea				0			0	$\circ$	0	1 tablespoon	0	0	0
Sugar in coffee or tea and on cereal	0		Ö	0	0		$\circ$	0	0	2 teaspoons	9	0	0

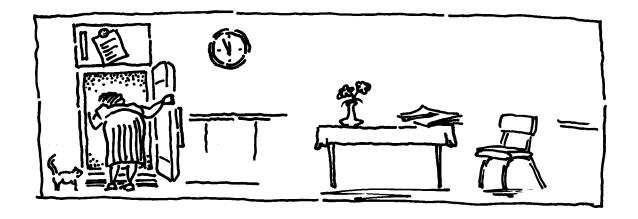
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## During the last three (3) months . . .

SUMMARY QUESTIONS (please note that the frequency headings are different.)	Less than one per week	1-2 per week	3-4 per week	5-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day
How often did you use fat to deep-fry, pan fry, or sauté? Count all fat such as margarine, oil, bacon drippings, or lard.	0	0	О	0	O	0	0	0	O
How often did you add fat when cooking beans, rice, vegetables, and potatoes? Count all fat such as margarine, oil, bacon drippings, or lard.	Ó	0	Ο.	0	O	0	О	0	О
How often did you eat a serving of vegetables? Do <u>not</u> count salad, potatoes or dried beans or peas.	Ō		0	0	0	$\bigcirc$	0	0	O
How often did you eat a serving of fruit? Do not count juices.	0	0	O	0	Ó	0	0	0	О

THANK YOU! Please take a moment to fill in any questions you may have skipped.



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